

300 West Midway Dr.  
(817) 685-1666

## MIDWAY FAMILY LIFE CENTER GRAND OPENING

Renovations to the existing facility, including track, basketball gym, raquetball courts, and classrooms will be completed by June 2010. The all-new fitness center will reopen in September. Please check [eulesstx.gov](http://eulesstx.gov) or sign up for MyEules updates for the latest information.

### LEGEND

TRAB	Temporary Recreation Activity Building
MFLC	Midway Family Life Center
RMC	Ruth Millican Center
DPSC	Dr Pepper StarCenter
TXG	Texas Star Golf Course
PATS	The Parks at Texas Star
THSN	Trinity High Natatorium
SC	Simmons Senior Center
BEP	Bob Eden Park
OFF	Off-Site Location
M	Monday
T	Tuesday
W	Wednesday
Th	Thursday
F	Friday
S	Saturday
SU	Sunday

Heidi Taylor, Recreation Center Supervisor, [htaylor@eulesstx.gov](mailto:htaylor@eulesstx.gov)  
Blake Cloud, Recreation Specialist - Programs, [bcloud@eulesstx.gov](mailto:bcloud@eulesstx.gov)

### Temporary Recreation Activity Building, 1100 Westpark Way (Closing June 2010) Hours of Operation

Monday – Thursday	8 a.m. - 8 p.m.
Friday	8 a.m. - 6 p.m.
Saturday	9 a.m. - 1 p.m.

*Closed Sundays and May 31*

### Midway Family Life Center (Opens June 2010) Hours of Operation

Monday – Thursday	6 a.m. - 10 p.m.
Friday	6 a.m. - 8 p.m.
Saturday	8 a.m. - 6 p.m.
Sunday	1 p.m. - 6 p.m.

*Closed for July 4 holiday*



### MIDWAY FAMILY LIFE CENTER MEMBERSHIP FEES

	RESIDENT	SILVER	GOLD	PLATINUM
	Individual	Individual	Individual	Individual
Annual Fee	\$ 10	\$ 75	\$ 90	\$ 140
Fee per Visit	\$ -	\$ -	\$ -	\$ -
Weight Room per Visit	\$ 2	\$ -	\$ -	\$ -
Racquetball	\$ 3	\$ 3	\$ 3	\$ -
Swimming Pool per Visit	\$ 1	\$ 1	\$ -	\$ -
	Family (Parents & children under 18)	Family (Parents & children under 18)	Family (Parents & children under 18)	Family (Parents & children under 18)
Annual Fee	\$ 30	\$ 110	\$ 145	\$ 200
Fee per Visit	\$ -	\$ -	\$ -	\$ -
Weight Room per Visit	\$ 2	\$ -	\$ -	\$ -
Racquetball	\$ 3	\$ 3	\$ 3	\$ -
Swimming Pool per Visit	\$ 1	\$ 1	\$ -	\$ -
	Includes	Includes	Includes	Includes
	Basketball, walking/jogging trail, games area, shower availability, photo membership card	Unlimited fitness center visits, basketball, walking/jogging trail, games area, shower availability, photo membership card	Unlimited city pool visits, unlimited fitness center visits, walking/jogging trail, games area, shower availability, photo membership card, basketball	Unlimited usage of racquetball courts, unlimited city pool visits, unlimited fitness center visits, walking/jogging trail, games area, shower availability, photo membership card, gym use
	SENIOR (60+)	YOUTH (8-15)	RACQUETBALL	NON-RESIDENT
	Individual	Individual	Individual	Individual
Annual Fee	\$ 5	\$ 5	\$ 75	\$ 50
Fee per Visit	\$ -	\$ -	\$ -	\$ -
Weight Room per Visit	\$ -	n/a	\$ 2	\$ 3
Racquetball	\$ 3	n/a	\$ -	\$ 5
Swimming Pool per Visit	\$ 1	\$ 1	\$ 1	\$ 1
	DAILY USE FEES		STUDENT (18-24)	CORPORATE
	Resident	Non-Resident	Valid only May 15 to Aug 15. Current school ID required.	
Annual Fee	\$ -	\$ -	\$ 25	Company must be in listing or within City limits.
Fee per Visit	\$ 3	\$ 5	\$ -	
With Weight Room	\$ 5	\$ 8	\$ -	Additional \$10 to any annual fee.
With Racquetball	\$ 6	\$ 10	\$ 3	
Swimming Pool per Visit	\$ 1	\$ 1	\$ 1	No family memberships available.

# Midway Family Life Center

# Athletics

## Adult Basketball

### WOMEN'S BASKETBALL - SUMMER

Registration: June 1 - June 30  
 Cost: \$325 per team,  
 \$36 individual  
 Location: Midway Family Life Center  
 300 W. Midway  
 Euless, Texas  
 Age: 16 & older  
 Games: Eight (8) plus playoffs  
 Season Opener: Sunday, July 11  
 Game Times: Sundays: 2, 3, 4 & 5pm  
 Managers Meeting: Thursday, July 1, 7:30 p.m.  
 Roster Limit: 12 players/coach per team  
 Uniforms: Like colored jerseys with legal  
 basketball numbers  
 Awards: T-shirts and plaques for  
 Champion and Finalist

### MEN'S BASKETBALL - SUMMER

Registration: June 1 - June 30  
 Cost: \$325 per team  
 Location: Midway Family Life Center  
 300 W. Midway  
 Age: 16 & older  
 Games: Eight (8) plus playoffs  
 Season Opener: Monday, July 5  
 Game Times: 7, 8 & 9 p.m.  
 Managers Meeting: Thursday, July 1 @ 7 p.m.  
 Roster Limit: 12 players/coach per team  
 Uniforms: Like colored jerseys with  
 legal basketball numbers on  
 front and back  
 Awards: T-shirts and plaques for  
 Champion and Finalist

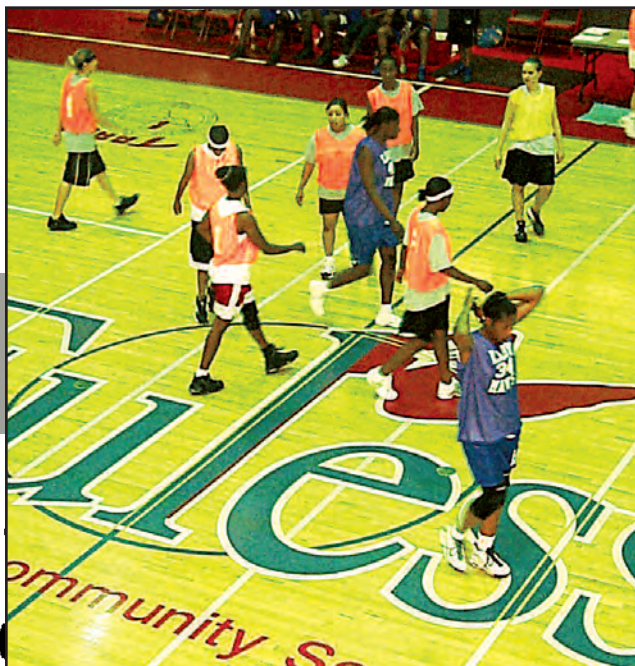
### **Euless Athletics Staff**

<b>John Douthit</b>	
Athletic Supervisor	817-685-1838
<b>Ryan Alexander</b>	
Athletic Coordinator	817-685-3100

## Adult Volleyball

### CO-ED SAND VOLLEYBALL - SUMMER 4 ON 4

Registration: June 1 - June 30  
 Cost: \$145 per team  
 Location: Bob Eden Park  
 Age: 16 & older  
 Games: Eight (8) games. One game  
 equals best two (2) out of  
 three (3) match  
 Season Opener: Sunday, July 11  
 Game Times: 1, 2:15, 3:30 & 4:45 p.m.  
 Managers Meeting: Thursday, July 1 @ 7:45 p.m.  
 Roster Limit: Eight (8) players/coach per  
 team  
 Supplies: None  
 Awards: T-shirts and plaques for  
 Champions and Finalist



**Looking for a team to play on?** Call 817-685-3100 to have your name placed on our free agents list! No Charge. All of the Euless PACS adult athletic leagues follow TAAF, NCAA and local rules.

All Manager's meetings will take place in the Midway Family Life Center, 300 W. Midway. Basketball and Dodgeball games are played at the Midway Family Life Center. Sand Volleyball games are played at Bob Eden Park. Flag football games are played at West Park.



## Parks at Texas Star All-Star Baseball Camp



Registration: May 8 - June 27  
 Camp Dates: June 28 - July 1  
 Camp Location: The Parks at Texas Star  
 1501 South Pipeline Rd.  
 Euless, TX 76040  
 Cost: \$90  
 Age: 5 - 14 years  
 Drop Off: 9:30 a.m.  
 Pick Up: 2 p.m. sharp  
 Supplies: glove, bat, helmet, cleats  
 Attire: baseball pants, cap, t-shirt

You may register your child by logging on to [www.eulesstx.gov](http://www.eulesstx.gov) or visiting the Midway Family Life Center, 300 W. Midway Drive.

## Youth Athletics

*Bedford—Euless Soccer Association*  
 817-354-4774  
[www.besasoccer.com](http://www.besasoccer.com)

*Mid-Cities Pee Wee Football & Cheerleading*  
 817-282-2390  
[www.midcitiespeeveefootball.org](http://www.midcitiespeeveefootball.org)

*Mid-Cities Youth Basketball*  
 817-354-6208  
[www.midcitiesbasketball.org](http://www.midcitiesbasketball.org)

*Texas Amateur Athletic Federation*  
[www.taaf.com](http://www.taaf.com)

## Summer Track Program

The City of Euless Parks and Community Services Department sponsors a SUMMER TRACK PROGRAM for students age 6 through High School.

PRACTICE SESSIONS will be offered on weekdays 3 to 4 times a week at Central Junior High School, 3191 W. Pipeline Rd. Practice will begin the week of May 18.

COMPETITIVE MEETS are scheduled throughout the area on weekends. All qualifying meets are sanctioned by the Texas Amateur Athletic Federation (TAAF), which offers tracksters the opportunity to advance from local meets to regional meets and then to State competition at the 2010 TAAF Games of Texas held in late July.

PRE-REGISTRATION will be held at the Temporary Recreation Activities Building located at 1100 Westpark Way, from April 13 - May 17. Cost for the program will be \$10 per participant. After May 17, the fee will be \$15 per participant. The fee includes TAAF registration, a City of Euless Track Team Shirt and professional instruction. Fee does not include entry fees for meets. Specific workout and meet information will be made available at registration.



# Aquatics

## SWIMMING POOL HOURS

South Eules Pool	Midway Pool	Wilshire Pool	Splash Island at South Eules Park
600 S. Main St. 817-685-1677 May 29- August 8	300 W. Midway Dr. 817-685-1676 May 28-August 22 August 28-29, September 4-6	300 Sierra Dr. 817-685-1678 May 29-August 8	600 S. Main St. May 1-September 30

M W F	M - S	M W F	M-S
1 - 8 p.m.	1 - 8 p.m.	1 - 5 p.m.	9 a.m. - 8 p.m.
T Th		T Th	
1 - 5 p.m.		1 - 8 p.m.	
Saturday		Saturday	
1 - 8 p.m.		1 - 8 p.m.	
Sunday	Sunday	Sunday	Sunday
2 - 6 p.m.	2 - 6 p.m.	2 - 6 p.m.	Noon - 6 p.m.

**ADMISSION: \$1.00 (Under 3 Free). There is no charge for Splash Island.**

**Children under 7 must be accompanied by a person 16 years of age or older**

**NOTE: Alcoholic beverages, tobacco products of any kind, non-prescription drugs and pets are not permitted in pool area. Glass containers of any kind are prohibited inside the pool.**

**All pools will close at 6 p.m. on July 4. Adult-only swim will be the last ten minutes of each hour.**

### AMERICAN RED CROSS - LIFEGUARDING

Are you 15 or older and looking for a great summer job or challenging career? Through classroom learning and hands on practice you will learn: surveillance skills to help you recognize and prevent injuries, rescue skills, First Aid, and professional rescuer CPR training. The class will cover professional lifeguarding responsibilities like interacting with the public and addressing uncooperative patrons. Participants must register at least 7 days prior. Bring a sack lunch, towel, bathing suit, and change of clothes to class. Spaces are limited and priority will be given to participants who will be working for the City of Eules. Participants must attend every day and pass a swimming pretest on the first day in order to continue. A doctor's note is required for any refunds requested after supplies are purchased. Class location TBD.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320005-01	5/7	TBD	15+	F	6 - 9 pm	2	\$100
				S/SU	8 am - 4 pm		

### PRIVATE LESSONS

Whether you or your children simply want to refine your swimming skills or have experienced a fear of water, this class is the one for you! You will receive concentrated instruction that will be tailored to your specific goals. Receive eight 30-minute classes for \$250; semi-private are also available for \$140. Instructor: Different Strokes Swim School

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320006-01	6/7	MP	4+	M-TH	9 - 9:45 am	2	\$250
320006-02	6/7	MP	4+	M-TH	11:15 - 11:45 am	2	\$250
320006-03	6/21	MP	4+	M-TH	9 - 9:45 am	2	\$250
320006-04	6/21	MP	4+	M-TH	11:15 - 11:45 am	2	\$250
320006-05	7/12	MP	4+	M-TH	9 - 9:45 am	2	\$250
320006-06	7/12	MP	4+	M-TH	11:15 - 11:45 am	2	\$250
320006-07	7/26	MP	4+	M-TH	9 - 9:45 am	2	\$250
320006-08	7/26	MP	4+	M-TH	11:15 - 11:45 am	2	\$250

### STROKES & TURNS (LEVEL 4)

All the key elements for the competitive swimmer. Our coaches will break down the basics for you and work with you in endurance, stroke refinement and proficiency. All level 4 and above will benefit from this unique class. Instructor: Different Strokes Swim School

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320004-01	6/7	MP	4+	M-TH	9 - 9:45 am	2	\$49
320004-02	6/7	WILP	4+	M/W/F	5:15 - 6:50 pm	3	\$49
320004-03	6/21	MP	4+	M-TH	9:45 - 10:20 am	2	\$49
320004-04	6/28	WILP	4+	M/W/F	6 - 6:35 pm	3	\$49
320004-05	7/12	MP	4+	M-TH	10:30 - 11:05 am	2	\$49
320004-06	7/19	WILP	4+	M/W/F	6:45 - 7:20 pm	3	\$49
320004-07	7/26	MP	4+	M-TH	9:45 - 10:20 am	2	\$49

### TEEN/ADULT

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320008-01	6/28	WILP	15+	M/W/F	6:45 - 7:20 pm	3	\$49
320008-02	7/19	WILP	15+	M/W/F	6:45 - 7:20 pm	3	\$49

## POOLS OPEN FOR THE SEASON ON MAY 29!

### Special Daze at the Pool

**FATHER'S DAY:** June 20, all fathers get in free with their child.

**INDEPENDENCE DAY:** July 4, ice-cold watermelon slices served to all patrons at each pool. Pools close at 6 p.m. on July 4.

### Personal Flotation Devices

Although, personal flotation devices, i.e. water wings, raft, inner tubes, etc., offer fun and enjoyment, many accidents and drownings have been attributed to the use of these devices. Therefore, the City of Eules does not allow the use of any flotation devices. The only exception to this policy would be Coast Guard-approved flotation devices.

### Swimming Pool Reservations

Pools may be reserved for private parties during non-public swim hours. Only adults may make reservations. Must be 18 to make reservations.

**Resident Rental Rates:** \$50 (2-hour rental)

**Non-Resident Rental Rates:** \$100 (2-hour rental)

Includes lifeguard fee up to 50 swimmers.

Splash Island is NOT available for rental.

Depending on group size, additional guards may be required. For each additional lifeguard, a fee of \$10 per hour will be added to the reservation cost.

Call Heidi Taylor at (817) 685-1681 or email [htaylor@eulesstx.gov](mailto:htaylor@eulesstx.gov) to make reservations.

**Reservations require a minimum 14-day notice.** Reservations may be made no more than 2 months prior to the rental date and no less than 14 days before the rental date.

### Times Available:

Saturday, 10:30 a.m. - 12:30 p.m.

Sunday, 10:30 a.m. - 12:30 p.m.

Sunday, 6:30 p.m. - 8:30 p.m.

### A Word To Our Parents

Our lifeguards are highly trained and skilled. Their jobs are to assist in making our facilities a safe place to bring the family. However, they are not babysitters. Parents are expected to watch their children and to assist in enforcing the policies for the safety and enjoyment of all.





### DIFFERENT STROKES SWIM SCHOOL SWIM LESSONS

American Red Cross instructors teach aquatic and safety skills in a logical progression. Students receive eight 35-minute classes of instruction. For your convenience, you may register online at [www.eulesstx.org](http://www.eulesstx.org) or in person at the Midway Family Life Center. **In the case of inclement weather, classes will be held inside Midway Family Life Center.** For more information on swim lessons or for inclement weather information, call 817-685-1666.

**In order to pass a level, participants must perform all skills comfortably.**

#### LEVEL 1: Introduction to Water Skills

**Purpose: Help students feel comfortable in the water.**

- Basic water safety rules
- Submerging mouth, nose and eyes
- Opening eyes underwater and picking up submerged object
- Supported floating on front and back
- Recognizing a swimmer in distress and getting help
- Exhaling underwater
- Supported swimming on front/back using arm and leg actions

#### LEVEL 2: Fundamental Aquatic Skills

**Purpose: Give students success with fundamental skills.**

- Submerging entire head
- Front and back glide
- Recognizing a swimmer in distress and getting help
- Bobbing in water
- Jellyfish float
- Swimming using combined stroke on front and back 5 feet

#### LEVEL 3: Stroke Development

**Purpose: Build on the skills in level 2 by providing additional guided practice.**

- Reach assist
- Submerging and retrieving an object
- Front and back glide
- Front and back crawl ten feet
- Kneeling or standing dive (shallow dive progression)
- Rotary breathing in horizontal position
- Survival float, back float
- Butterfly-kick and body motion
- Paddling water using arm and leg motions

**Not sure which level your child should be in? Let our professional swim instructors ensure proper class enrollment. Join us for a complimentary evaluation at Midway Pool on Saturday, May 29, 10 a.m. - noon!**

**Want to be a lifeguard? Check out the NEW Lifeguard Camp in the camps/clinics section on page?? For more information, call 817-685-1666.**

### WATER TOTS (Age 1-4 years)

Children are introduced to the water in a way most comforting to them. Parents must join the child in the pool. Children will be required to wear a swim diaper if not potty trained. Actual water time is 30 minutes. Instructor: Different Strokes Swim School, American Red Cross Certified

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320000-01	6/7	MP	1-4	M-TH	9 - 9:35 am	2	\$49
320000-02	6/8	SEP	1-4	T/TH	5:30 - 6:05 pm	4	\$49
320000-03	6/8	SEP	1-4	T/TH	6:10 - 6:45 pm	4	\$49
320000-04	6/8	SEP	1-4	T/TH	6:50 - 7:25 pm	4	\$49
320000-05	6/21	MP	1-4	M-TH	9 - 9:35 am	2	\$49
320000-06	7/13	SEP	1-4	T/TH	5:30 - 6:05 pm	4	\$49
320000-07	7/13	SEP	1-4	T/TH	6:10 - 6:45 pm	4	\$49
320000-08	7/13	SEP	1-4	T/TH	6:50 - 7:25 pm	4	\$49

#### LEVEL 1

320001-01 6/7	MP	4+	M-TH	9 - 9:35 am	2	\$49
320001-02 6/7	MP	4+	M-TH	9:45 - 10:20 am	2	\$49
320001-03 6/7	MP	4+	M-TH	10:30 - 11:05 am	2	\$49
320001-04 6/7	WILP	4+	M/W/F	5:15 - 5:50 pm	3	\$49
320001-05 6/7	WILP	4+	M/W/F	6 - 6:35 pm	3	\$49
320001-06 6/7	WILP	4+	M/W/F	6:45 - 7:20 pm	3	\$49
320001-07 6/21	MP	4+	M-TH	9 - 9:35 am	2	\$49
320001-08 6/21	MP	4+	M-TH	9:45 - 10:20 am	2	\$49
320001-09 6/21	MP	4+	M-TH	10:30 - 11:05 am	2	\$49
320001-10 6/28	WILP	4+	M/W/F	5:15 - 5:50 pm	3	\$49
320001-11 6/28	WILP	4+	M/W/F	6 - 6:35 pm	3	\$49
320001-12 6/28	WILP	4+	M/W/F	6:45 - 7:20 pm	3	\$49
320001-13 7/12	MP	4+	M-TH	9:45 - 10:20 am	2	\$49
320001-14 7/12	MP	4+	M-TH	10:30 - 11:05 am	2	\$49
320001-15 7/19	WILP	4+	M/W/F	5:15 - 5:50 pm	3	\$49
320001-16 7/19	WILP	4+	M/W/F	6 - 6:35 pm	3	\$49
320001-17 7/19	WILP	4+	M/W/F	6:45 - 7:20 pm	3	\$49
320001-18 7/26	MP	4+	M-TH	9:45 - 10:20 am	2	\$49

#### LEVEL 2

320002-01 6/7	MP	4+	M-TH	9:45 - 10:20 am	2	\$49
320002-02 6/7	MP	4+	M-TH	10:30 - 11:05 am	2	\$49
320002-03 6/7	WILP	4+	M/W/F	5:15 - 5:50 pm	3	\$49
320002-04 6/7	WILP	4+	M/W/F	6 - 6:35 pm	3	\$49
320002-05 6/7	WILP	4+	M/W/F	6:45 - 7:20 pm	3	\$49
320002-06 6/21	MP	4+	M-TH	9 - 9:35 am	2	\$49
320002-07 6/21	MP	4+	M-TH	9:45 - 10:20 am	2	\$49
320002-08 6/21	MP	4+	M-TH	10:30 - 11:05 am	2	\$49
320002-09 6/28	WILP	4+	M/W/F	5:15 - 5:50 pm	3	\$49
320002-10 6/28	WILP	4+	M/W/F	6 - 6:35 pm	3	\$49
320002-11 6/28	WILP	4+	M/W/F	6:45 - 7:20 pm	3	\$49
320002-12 7/12	MP	4+	M-TH	9 - 9:35 am	2	\$49
320002-13 7/12	MP	4+	M-TH	9:45 - 10:20 am	2	\$49
320002-14 7/12	MP	4+	M-TH	10:30 - 11:05 am	2	\$49
320002-15 7/19	WILP	4+	M/W/F	5:15 - 5:50 pm	3	\$49
320002-16 7/19	WILP	4+	M/W/F	6 - 6:35 pm	3	\$49
320002-17 7/19	WILP	4+	M/W/F	6:45 - 7:20 pm	3	\$49
320002-18 7/26	MP	4+	M-TH	9 - 9:35 am	2	\$49
320002-19 7/26	MP	4+	M-TH	9:45 - 10:20 am	2	\$49
320002-20 7/26	MP	4+	M-TH	10:30 - 11:05 am	2	\$49

#### LEVEL 3

320003-01 6/7	MP	4+	M-TH	9 - 9:35 am	2	\$49
320003-02 6/7	MP	4+	M-TH	9:45 - 10:20 am	2	\$49
320003-03 6/7	WILP	4+	M/W/F	5:15 - 5:50 pm	3	\$49
320003-04 6/21	MP	4+	M-TH	10:30 - 11:05 am	2	\$49
320003-05 6/28	WILP	4+	M/W/F	6:45 - 7:20 pm	3	\$49
320003-06 7/12	MP	4+	M-TH	9 - 9:35 am	2	\$49
320003-07 7/12	MP	4+	M-TH	9:45 - 10:20 am	2	\$49
320003-08 7/19	WILP	4+	M/W/F	5:15 - 5:50 pm	3	\$49
320003-09 7/26	MP	4+	M-TH	9 - 9:35 am	2	\$49
320003-10 7/26	MP	4+	M-TH	9:45 - 10:20 am	2	\$49

# Camps & Clinics

## SUMMER ADVENTURE CAMP

Weekly day camp features field trips, swimming, sports, arts & crafts, team building and more. Campers should bring their own lunch, snacks, water bottle, change of clothes, swimsuit, towel and sunscreen in a backpack everyday. Price includes the cost of fieldtrips, transportation to and from, and one camp T-shirt. You may sign your child up for the whole summer or just a week! All fieldtrips will be announced the week prior.

**New Seat Belt Law:** In accordance with Texas Law, starting June 1, 2010, any child under the age of 8 who is shorter than 4'9" will be required to bring a booster seat on the days of field trips. If a child does not meet these requirements, they will forfeit their field trip for that day. Parents should bring in their personal booster seat when they sign their child in for the day. Eules Parks and Community Services department will not be providing any booster seats.

**COST:** \$10 non-refundable, non-transferable deposit per week per participant. Sibling discount of \$5 off the total price for each additional child you have enrolled for the same week! Deposits will not be discounted. After registration you will be given a payment schedule to follow for the summer. Each week of camp will be \$75 thereafter (Week one \$65).

**REGISTRATION:** Residents-May 1 at 7 a.m. at the Ruth Millican Center located at 201 Cullum Dr. Registration for Non-Residents-May 5 at 8 a.m. at the Temporary Recreation Activities Building. You must pay a \$ 10 non-refundable, non-transferable deposit per week per participant at time of registration. Registration will remain open until weeks are filled at which time your child can be placed on a waiting list at no charge. A registration packet will be available online at [www.eulesstx.gov/PACS](http://www.eulesstx.gov/PACS) on April 26.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311111-01	6/1	MFLC	6-11	T-F	7:30am-6pm	1	\$75
311111-02	6/7	MFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-03	6/14	MFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-04	6/21	MFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-05	6/28	MFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-06	7/5	MFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-07	7/12	MFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-08	7/19	MFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-09	7/26	MFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-10	8/2	MFLC	6-11	M-F	7:30am-6pm	1	\$85
311111-11	8/9	MFLC	6-11	M-F	7:30am-6pm	1	\$85

## TEEN L.I.F.E.

Weekly day camp that stresses Leadership, Integrity, Friendship and Empowerment. Activities will focus on teamwork, responsibility, and community service. This newly revised program will include exciting field trips, and participation in our Parks initiative, PACS Partners (see page 16 for more information). Spaces are limited. Timeline for registration is the same as Summer Adventure Camp. Cost includes \$10 non-refundable, non-transferable deposit per week per participant. Each week of camp will be \$65 thereafter (Week one \$55).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311112-01	6/1	MFLC	12-15	T-F	7:30am-6pm	1	\$65
311112-02	6/7	MFLC	12-15	M-F	7:30am-6pm	1	\$75
311112-03	6/14	MFLC	12-15	M-F	7:30am-6pm	1	\$75
311112-04	6/21	MFLC	12-15	M-F	7:30am-6pm	1	\$75
311112-05	6/28	MFLC	12-15	M-F	7:30am-6pm	1	\$75
311112-06	7/5	MFLC	12-15	M-F	7:30am-6pm	1	\$75
311112-07	7/12	MFLC	12-15	M-F	7:30am-6pm	1	\$75
311112-08	7/19	MFLC	12-15	M-F	7:30am-6pm	1	\$75
311112-09	7/26	MFLC	12-15	M-F	7:30am-6pm	1	\$75
311112-10	8/2	MFLC	12-15	M-F	7:30am-6pm	1	\$75
311112-11	8/9	MFLC	12-15	M-F	7:30am-6pm	1	\$75

## LIL' TYKE ADVENTURES

Come have fun and enjoy an adventure as we explore some hands-on theme based activities. Each week will be filled with arts and crafts, music, games and plenty of imagination! So join us for an amazing adventure. Participants may sign up for a week or the whole summer.

Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
<i>Oceans- Come have a splash with an underwater adventure!</i>							
311110-01	6/7	MFLC	4-6	M-TH	9am-2pm	1	\$77
<i>Insect World- Come explore a bug's world</i>							
311110-02	6/14	MFLC	4-6	M-TH	9am-2pm	1	\$77
<i>Dinosaurs- Look out Big Rex! What an adventure it will be!</i>							
311110-03	6/21	MFLC	4-6	M-TH	9am-2pm	1	\$77
<i>Outer Space- What does it take to be an Astronaut? Look out for Aliens!</i>							
311110-04	6/28	MFLC	4-6	M-TH	9am-2pm	1	\$77
<i>Farms- Let's learn about farm animals!</i>							
311110-05	7/5	MFLC	4-6	M-TH	9am-2pm	1	\$77
<i>Jungle- It's a jungle out there, come monkey around!</i>							
311110-06	7/12	MFLC	4-6	M-TH	9am-2pm	1	\$77
<i>Wild West- Come experience the Fun of the Wild Wild West!</i>							
311110-07	7/19	MFLC	4-6	M-TH	9am-2pm	1	\$77
<i>Sports World- Come learn a different sport a day!</i>							
311110-08	7/26	MFLC	4-6	M-TH	9am-2pm	1	\$77

## SUMMER DANCE COMBOS

Let your child experience the joy of dance in this unique dance camp. This one week dance camp teaches different styles of dance from ballet/jazz the first week to hip hop the second week. This variety is certain to keep your little one entertained. Your child will stay engaged and benefit from expressing herself while gaining better balance and coordination.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311210-01	7/12	MFLC	3-6	M-F	10-11:30am	1	\$70
311210-02	7/26	MFLC	3-6	M-F	10-11:30am	1	\$70

## ADVENTURES IN ART CAMP

In this four-day art camp your child will complete eight different works of art, using five different mediums, you'll be proud to frame and display! Your young Monet will paint with oils, watercolors and acrylics, draw with charcoals and oil pastels. Individualized instruction by a professional artist will give your child the fundamentals of creativity in a fun and easy approach with truly amazing results. All art supplies are provided. Bring a roll of paper towels and wear an old t-shirt. This class is for beginners. Instructor: Susan Rogers

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311155-01	7/5	MFLC	7-10	M-TH	9-11:45am	1	\$100
311155-02	8/9	MFLC	7-10	M-TH	2-4:45pm	1	\$100

## SUMMER ALL SPORTS CAMP

Come enjoy all sports from football, basketball, triple play volleyball and even Big Topper Tee ball. Each day you will play a different game while learning the fundamentals and skills to play many different sports. Skills include teamwork, ball handling, and passing. Please bring a water bottle and a desire to enjoy all different sports.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311130-01	6/28	MFLC	6-12	M-TH	9am-Noon	1	\$40

## OUTDOOR ADVENTURE CAMP

Enjoy the outdoors, like taking walks in nature, and want to learn how to properly set up a tent and make a campsite? Come out for an educational outdoor adventure camp. Learn how to use a hand held GPS unit and how to pack a backpack for a day trip through the woods. Wear comfortable shoes and bring a water bottle. This class meets at the Preserves at McCormick Park.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311220-01	7/5	OFF	6-12	M-TH	9-11am	1	\$55



## SKATE LIKE A 'STAR' CAMP

Learn the basics of ice skating. Skaters will learn basic forward and backward skating, swizzles, one-foot glides and stops. Crossovers will be introduced. Skate rental included in the class. Ice time will be 2:15 – 3:45 p.m. Class consists of 30 minutes of instruction, and the rest is supervised practice. Participants will receive five additional free public skate sessions to use through the end of the month. Please pack snacks to enjoy in between skating. Graduation certificate presented at the end of camp. The class will be held at Dr Pepper StarCenter in Euless. Instructor: Qualified Dr Pepper StarCenter Professionals.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311164-01 6/21		DPSC	6-12	M-F	2-4pm	1	\$75
311164-02 7/19		DPSC	6-12	M-F	2-4pm	1	\$75

## BASKETBALL CAMP: BACK TO BASICS

If you have an interest or talent in basketball, this is the camp for you. You will learn the fundamentals of all phases of basketball, including teamwork, ball handling, dribbling, passing, shooting, rebounding, offensive moves, and defensive strategies.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311180-01 7/12		MFLC	7-13	M-F	9am-Noon	1	\$75

## TROJAN BASEBALL SKILLS CAMP

Improve your hitting, throwing, and catching abilities with help from the Trinity High School Baseball Staff. All skills related to the game of baseball will be stressed. So come out and get ready to have fun! Each participant receives a camp T-shirt in price of camp.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311170-01 6/14		MFLC	5-8	M-TH	8:30-10am	1	\$75
311170-02 6/14		MFLC	9-14	M-TH	10:30am-Noon	1	\$75

## BEGINNERS SOCCER CAMP

In this non-competitive class, boys and girls will practice kicking, passing and shooting. Participants should bring shin guards and a soccer ball. No cleats! This class will meet at Bob Eden Park.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311120-01 6/7		BEP	5-9	M-F	9-10:30am	1	\$60

## TENNIS CAMP

Participants will learn fundamentals of tennis including forehands, backhands and the mechanics of serving. Participants will be placed in groups to work on skills, games, and strategies to improve their game. Please bring a water bottle, tennis balls, and a tennis racquet to class. This class meets at Bob Eden Park's tennis courts.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311125-01 6/14		BEP	6-10	M-TH	9-10:30am	1	\$50

## BEGINNERS VOLLEYBALL CAMP

In this non-competitive class, young girls will learn the fundamentals of playing volleyball. You will learn serving, setting, and passing, along with the rules of the game. Participants will need to bring a standard size volleyball with their name on it and a water bottle. Knee pads are optional but preferred.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311140-01 7/12		MFLC	5-9	M-F	9am-Noon	1	\$75

## BEGINNERS MUSIC CAMP

Have an interest in music and want to learn more? Come join the beginners music camp and learn the fundamentals of keeping rhythm, beat and how to hit the right note. Participants will be encouraged to participate during class time. Also, get the chance to make your own instrument with a fun craft.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311115-01 6/28		MFLC	6-10	M-TH	9-11am	1	\$55

## FLAG FOOTBALL CAMP

Come learn the fundamentals of flag football in this fun energetic camp. The first three days will emphasize passing, receiving, kicking, and special teams. The last day of camp participants will be broken up into teams for a fun morning of seven on seven games. Participants need to wear athletic clothing and bring a water bottle. No cleats!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311200-01 7/19		OFF	8-12	M-TH	9-10:30am	1	\$50

## SOFTBALL CAMP

Participants will learn the basics of softball. They will learn the proper techniques of throwing, catching, and hitting. Also, the proper fielding techniques will be introduced. Participants need to bring a proper softball glove with your child's name on it and a water bottle.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311201-01 8/2		MFLC	7-14	M-TH	9-10:30am	1	\$50

## BEGINNER RACQUETBALL CAMP

Ever wanted to learn how to play racquetball? Come learn the basics of this year round sport. In this camp you will be introduced to the rules of the game, proper serving techniques, and strategy. Participants need to wear athletic clothing and non marking tennis shoes and bring a water bottle. Racquets and eye protection are provided.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311202-01 8/2		MFLC	6-12	M-TH	9-10:30am	1	\$40

## JUNIOR LIFEGUARD CAMP

This training program teaches aspiring lifeguards the fundamentals of the job to give them an up-close look at the day in the life of a guard. Participants will receive training on water safety, rescue techniques, injury prevention, and will even become CPR certified. On the last day of class, campers will attend a weekly lifeguard in-service training session where lunch is provided. Participants must bring a snack/drink, towel, and wear a one piece bathing suit every day. Campers will also receive free pool admission for the entire week.

Instructor: Clayton Smith, LGI

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320007-01 6/21		WIL	11-14	M-F	10am-1pm	1	\$50

## POLICE ACTIVITIES LEAGUE SUMMER CAMP (PAL'S)

Come out and enjoy a fun safe morning full of activities for FREE! Participants must live in Euless or attend a Euless school. Camps will be full of fun outdoor activities. A snack for breakfast and lunch is provided everyday of camp. Also campers get a t-shirt and wrist band. On both Thursdays, the camp will go to Wilshire Pool. Campers will meet everyday at 1501 South Pipeline Rd. at the large pavilion. How I mention it is totally FREE? Call (817) 685-1686 for more information and to register.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
6/7		PATS	10-12	M-F	8:30am-1pm	1	FREE
6/21		PATS	10-12	M-F	8:30am-1pm	1	FREE

## ABRAKADOODLE'S PIRATE ISLAND ART CAMP

Alloy all Pirate Island Buccaneers. Come aboard to create pirate ships, colorful parrots, treasure maps, sea monsters, ship flags, doubloon necklaces, treasure chests and more! At the end of camp they take home the rest of their art materials for added fun at home! Materials fee includes all materials, props, games, stories, and music used in class as well as the take home kit that extends the learning and fun at home. A \$50 supply fee is due on the first day of class.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311114-01 7/26		MFLC	6-10	M-F	1-4pm	1	\$105

# Child Development

## TOT ICE SKATING INSTRUCTION

Tots will learn the basics of ice skating in a fun environment. Toys, cones, and stuffed animals are all used on the ice as teaching tools. Includes a free public session, skate rental on class day plus additional two free public skate sessions. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311161-01	6/19	DPSC	3-4	S	11:15-11:45am	2	\$30
311161-02	7/17	DPSC	3-4	S	11:15-11:45am	2	\$30
311161-03	8/7	DPSC	3-4	S	11:15-11:45am	2	\$30

## JAZZ/BALLET COMBO

Our combination class serves as the perfect introduction into dance. Acquiring poise, grace and coordination are accomplished through proper training and foot work in this introduction of ballet and jazz. The children will be working on beginning positions, jumps, leaps, and turns, as well as learning a group dance to perform. Both boys and girls welcome. Parents remain outside during classes. Requested attire includes: comfortable athletic wear and ballet or jazz shoes.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310200-01	6/5	MFLC	3-6	S	10-11am	6	\$55
310200-02	7/17	MFLC	3-6	S	10-11am	6	\$55

## HIP-HOP

Learn the "funky" form of street dance often featured in music videos and the latest box office hit movies. Dancers benefit from the coordination, strength, quickness, and endurance they develop in our hip-hop classes. Boys and girls welcome. Parents remain outside the classroom during classes. Requested attire includes: comfortable athletic wear and jazz or ballet shoes.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310208-01	6/5	MFLC	3-6	S	11am-Noon	6	\$55
310208-02	7/17	MFLC	3-6	S	11am-Noon	6	\$55

## LIL' DRIBBLERS

A non-competitive basketball class, boys and girls will practice the proper methods of dribbling, shooting, passing, and defense with a strong emphasis on teamwork and endurance in a safe and encouraging environment. Bring an age appropriate basketball with your child's name on it.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310515-01	6/5	MFLC	5-9	S	10-10:45am	4	\$35
310515-02	7/10	MFLC	5-9	S	10-10:45am	4	\$35
310515-03	8/7	MFLC	5-9	S	10-10:45am	4	\$35



## JUST 4 FLIPS JR. CHEERLEADING

If your child is interested in becoming a cheerleader, this class is the perfect opportunity to learn all that cheerleading has to offer! Boys and girls are welcome to join. Our classes are taught by instructors trained as All-Star Cheerleaders, and we incorporate the fundamentals of cheering, arm-movements, jumps, and tumbling. Parents and friends are invited to our PEP RALLY the last class day to showcase all of our new skills.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310215-01	6/4	MFLC	3-6	F	6-6:50pm	6	\$55
310215-02	7/16	MFLC	3-6	F	6-6:50pm	6	\$55

## JUST 4 FLIPS PRESCHOOL GYMNASTICS

Just 4 Flips mobile Gymnastics is the place to be for all boys and girls ages 3-6 years old looking to "flip-start" their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using gymnastics equipment: bars, beams, springboards, trampolines, barrel mats, parachutes and much more! Innovative themes and age appropriate lesson plans help discover all that gymnastics has to offer. Our program emphasizes proper technique and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310210-01	6/7	MFLC	3-6	M	6-6:50pm	6	\$55
310210-02	7/19	MFLC	3-6	M	6-6:50pm	6	\$55







## ICE SKATING- SKATE LIKE A 'STAR'

Learn the basics of ice skating. Skaters will learn basic forward and backward skating, swizzles, one-foot glides and stops. Crossovers will be introduced. Skate rental included in the class. Price includes 30 minutes of instruction and skate rental following class, a free public session and skate rental on class day, and two free public skate sessions. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311162-01	6/15	DPSC	5-13	T	7:30-8pm	2	\$30
311162-02	6/19	DPSC	5-13	S	10:45-11:15am	2	\$30
311162-03	7/13	DPSC	5-13	T	7:30-8pm	2	\$30
311162-04	7/17	DPSC	5-13	S	10:45-11:15am	2	\$30
311162-05	8/3	DPSC	5-13	T	7:30-8pm	2	\$30
311162-06	8/7	DPSC	5-13	S	10:45-11:15am	2	\$30

## JUST 4 FLIPS CHEERLEADING

If your child is interested in becoming a cheerleader, this class is the perfect opportunity to learn all that cheerleading has to offer! Both boys and girls are welcome to join. Our classes are taught by instructors trained as All-Star Cheerleaders, and we incorporate the fundamentals of cheering, arm-movements, jumps, and a variety of tumbling. Parents and friends are invited to our PEP RALLY the last class day to showcase all of our new skills.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310215-03	6/4	MFLC	6-10	F	5-5:50pm	6	\$55
310215-04	7/16	MFLC	6-10	F	5-5:50pm	6	\$55

## JUST 4 FLIPS GYMNASTICS

Just 4 Flips mobile Gymnastics is the place to be for all boys and girls ages 6-10 years old looking to "flip start" their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using gymnastics equipment: bars, beams, springboards, trampolines, barrel mats, parachutes and much more! Innovative themes and age appropriate lesson plans help discover all that gymnastics has to offer. Our program emphasizes proper technique and terminology and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310210-03	6/7	MFLC	6-10	M	5-5:50pm	6	\$55
310210-04	7/19	MFLC	6-10	M	5-5:50pm	6	\$55

## JUNIOR GOLF

Participants will be taught the fundamentals of grip, stance, swing, ball contact, putting, chipping, and driving. Golf rules and etiquette will be covered. The emphasis is learning how to play golf in a creative and fun environment. Participants will need junior size clubs. So come on out and learn from a real Golf Pro! Instructor: Texas Star Golf Pro

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310570-01	6/2	TGX	6-12	W	4-5pm	4	\$35

## TAEKWON-DO TIGERKUBS

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the fundamentals. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination, and flexibility. Additionally, our TigerKubs program can help to enhance overall focus and concentration, build character, discipline and self-esteem, while heightening your child's awareness. This class does not require traditional Taekwon-Do uniforms. T-shirts with the school logo are available from the instructor for a small fee however, they are not required. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310130-01	5/29	MFLC	5-8	S	9-9:45am	6	\$25
310130-02	7/24	MFLC	5-8	S	9-9:45am	6	\$25

## TAEKWON-DO BEGINNERS

(Ages 8-12) (White Belt-Green Stripe)

This children specific program explores the entire range of techniques for training in the Taekwon-Do Jungshin Program. New students registering for this class must be at least 9 years of age or have completed at least one session of Tigerkubs program and approved by the TigerKubs instructor before registering in this class. Uniforms with the school logo are available from the instructor for a fee. If a uniform is purchased elsewhere, it must be a plain white uniform. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310131-01	5/25	RMC	8-12	T	6-7:15pm	6	\$55
		MFLC		S	10-11:15am		
310131-02	7/20	RMC	8-12	T	6-7:15pm	6	\$55
		MFLC		S	10-11:15am		

## TAEKWON-DO ADVANCED

(Green Belt-Black Belt)

This children specific intermediate/advanced program allows students who have attained a green belt through the Taekwon-Do Jungshin beginner program to progress into more advanced and intricate skill development reaching their first black belt and beyond. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310132-01	5/24	RMC	8-12	M	6-7:15pm	6	\$55
		MFLC		TH	6-7:15pm		
310132-02	7/19	RMC	8-12	M	6-7:15pm	6	\$55
		MFLC		TH	6-7:15pm		



## Adult/Teen Activities

### MIX IT UP! AEROBICS

Members join us for a FREE incredible workout designed to boost your body to burn fat, increase your energy, metabolism and muscle mass! You can do this through energetic, aerobic dance, along with kick boxing, abdominal sculpting, weights, and floor toning. So go ahead and try something new. Great for all levels. Bring weights and towel. Price is \$15 for members, and \$30 for non-members. Instructor: Debbie Day

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310315-01	6/3	MFLC	16+	M/TH	6-7pm	4	\$15
310315-02	7/1	MFLC	16+	M/TH	6-7pm	5	\$15
310315-03	8/5	MFLC	16+	M/TH	6-7pm	4	\$15

### WATER AEROBICS/ WELLNESS AND WEIGHT MANAGEMENT

Increase flexibility, range of motion, lean body mass and metabolic rate in water. Get a more beneficial workout without the stress on knees and ankles. Excellent class for weight loss and overall toning. Aquatic strength training, abdominal work and intervals included in each class. For more information, call Bev at 817-649-SWIM.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320011-01	6/2	MP	17+	M/W/F	8-8:50am	4	\$36
320011-02	7/2	MP	17+	M/W/F	8-8:50am	4	\$36
320011-03	8/2	MP	17+	M/W/F	8-8:50am	4	\$36
320011-04	6/2	WILP	17+	M/W	7:30-8:20pm	4	\$34
320011-05	7/2	WILP	17+	M/W	7:30-8:20pm	4	\$34
320011-06	8/2	WILP	17+	M/W	7:30-8:20pm	4	\$34

### DEEP WATER DYNAMICS

Deep-water aerobics offers you a program which improves overall aerobic fitness, cardiovascular endurance, flexibility, coordination and promotes the development of muscle strength. Take your workout to the next level with water, power and resistance! Deep-water exercise is at the top of the charts as far as burning calories!! Flotation noodles are provided. Minimal swimming skills and water comfort are recommended (unless you prefer to do this workout in the shallower end of the pool). This class is for all fitness levels. Aquatic strength training and abdominal work are included in all classes. For additional information, call Bev at 817-649-SWIM.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320012-01	6/1	SE	17+	T/TH	7:30-8:20pm	4	\$34
320012-02	7/1	SE	17+	T/TH	7:30-8:20pm	4	\$34
320012-03	8/3	SE	17+	T/TH	7:30-8:20pm	4	\$34

### EVENING COMBO CLASS

#### Water Aerobics & Deep Water Dynamics

Sign up for both evening Water Aerobics and Deep Water classes for a total body workout at a discounted price of \$60. Please call Bev if you want to attend morning Water Aerobics instead of evening. Permission must be granted before attending morning sessions. See above class for details.

### CARDIO SCULPT

If your goal is to get into better shape, Cardio Sculpt is the class for you! This is a two-for-one workout that will burn calories and tone muscles. Cardio Sculpt is circuit training class combining both strength training and aerobic intervals. Ideal for fitness levels beginner to intermediate. Bring a yoga mat and hand weights, 1 to 10 lbs depending on your fitness level. Instructor: Courtney Jester

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310355-01	6/7	MFLC	16+	M/W	8-9pm	4	\$35
310355-02	7/2	MFLC	16+	M/W	8-9pm	5	\$35
310355-03	8/2	MFLC	16+	M/W	8-9pm	5	\$35



### HATHA YOGA

Hatha Yoga is an ancient discipline that uses breath, physical postures, mental focus, and relaxation to firm the body, calm the breath, sooth the mind, and refresh the outlook. Make a change in your life with yoga, experience increased strength, flexibility and balance. Yoga changes lives! Instructor: Jessica Copeland

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310330-01	6/8	MFLC	13+	T/TH	7-8pm	4	\$45
310330-02	7/13	MFLC	13+	T/TH	7-8pm	4	\$45

### BOOTCAMP

Re-boot your body by restarting with this new fitness program designed to reveal your physical potential. Bootcamp is a high energy, butt kicking, all level, constantly evolving workout that will burn calories, drop excess weight, and uncover the "new" you! \$45 for two days only in a session. Instructor: Behka Hartmann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310350-01	6/1	MFLC	16+	T/TH/F	5:45-6:45am	4	\$68
310350-02	7/6	MFLC	16+	T/TH/F	5:45-6:45am	4	\$68
310350-03	8/3	MFLC	16+	T/TH/F	5:45-6:45am	4	\$68

### ZUMBA

Zumba is the NEW face of fitness. It combines Latin music with aerobic interval training to burn calories and sculpt and tone the body. This class is designed for all fitness levels. It is easily becoming one of the newest sensations. Come dance away the pounds! Class fees will not be prorated for participants wanting to attend just one night of classes per week.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310300-01	6/7	MFLC	13+	M/W	7-8pm	4	\$48
310300-02	7/5	MFLC	13+	M/W	7-8pm	4	\$48
310300-03	8/2	MFLC	13+	M/W	7-8pm	4	\$48





# Adult/Teen Activities



## ADULT ICE SKATING

For adult skaters with little or no experience. Skaters will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and one-foot glides. Forward crossovers will be introduced. Price includes skate rental, a free public session, skate rental on class day, and two free public skate sessions. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311165-01	6/15	DPSC	14+	T	8-8:30pm	2	\$30
311165-02	7/13	DPSC	14+	T	8-8:30pm	2	\$30
311165-03	8/3	DPSC	14+	T	8-8:30pm	2	\$30

## LADIES' GOLF

Ladies will be taught the fundamentals of grip, stance, swing basics, ball contact, putting, chipping and driving. Golf rules and etiquette will be covered. So come on out and learn from a real Golf Pro! Instructor: Texas Star Golf Pro

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310571-01	6/2	TXG	16+	W	5:30-6:30pm	4	\$45



## MEN'S BEGINNER GOLF

Men will be taught the fundamentals of grip, stance, swing basics, ball contact, putting, chipping and driving. Golf rules and etiquette will be covered. So come on out and learn from a real Golf Pro! Instructor: Texas Star Golf Pro

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310572-01	6/1	TXG	16+	T	6-6:45pm	4	\$45

## TAI CHI BEGINNERS

Tai Chi is an internal-style martial art that is a weight-bearing and moderate intensity cardiovascular exercise great for all fitness levels. It improves balance, respiratory and immune functions, and promotes physical, mental, and emotional well-being. Wear loose fitting clothing and flat shoes. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310305-01	6/2	MFLC	16+	W	6-7pm	5	\$40
310305-02	7/7	MFLC	16+	W	6-7pm	4	\$40
310305-03	8/4	MFLC	16+	W	6-7pm	4	\$40

## TAI CHI CORRECTION/ADVANCED

This class, for returning students, completes and incorporates the forms introduced in the beginner course to create a low-impact workout. It continues to improve overall physical, mental, and emotional health. Some students will progress into more advanced and intricate skill development of the Tai Chi Form, Chi Kung exercise, and two person drills. Wear loose fitting clothing and flat shoes. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310306-01	6/2	MFLC	16+	W	7-8pm	5	\$40
310306-02	7/7	MFLC	16+	W	7-8pm	4	\$40
310306-03	8/4	MFLC	16+	W	7-8pm	4	\$40

## TAEKWON-DO ADULT (White Belt – Black Belt)

This program is an adult-based comprehensive training system that is designed to prepare all levels of adult students to achieve their fullest potential, from the white belt to the first degree black belt (and beyond). Along with the numerous physical benefits shall be the development of the student's confidence, character and integrity. Uniforms with the school logo are available from the instructor for a fee. If a uniform is purchased elsewhere, it must be a plain white uniform. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310134-01	5/25	RMC	13+	T	7:30-9pm	6	\$65
310134-02	7/20	RMC	13+	T	7:30-9pm	6	\$65

## HAPKIDO

Hapkido, the art of coordinated power, is a comprehensive Korean self defense system involving joint locks, pressure points, throws, kicks, and strikes. Hapkido, a "soft" martial art, seeks to gain advantage over an opponent through techniques, avoiding the use of strength against strength. This class is designed for beginner through black belt level and beyond. Instructor: Todd Jach (Mondays) and Richard Garner (Fridays)

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310133-01	6/2	RMC	13+	M	7:30-9pm	4	\$47
310133-02	7/2	RMC	13+	M	7:30-9pm	4	\$47
310133-03	8/2	RMC	13+	M	7:30-9pm	4	\$47

# Adult/Teen Activities

## HOOP DANCE WITH HOOP BELLA

Hoopdance is a fun up beat workout that uses large, colorful, weighted hoops for a hypnotic on-and-off body moves. You will increase energy, build core strength and tone your entire body all while having fun! Hoopdance is a low impact intense cardiovascular workout. That will clear your mind and melt away stress! Instructor: Lindsay Casto

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310340-01	5/29	MFLC	16+	S	10-11am	4	\$50
310340-02	6/1	MFLC	16+	T	7-8pm	4	\$50
310340-03	6/26	MFLC	16+	S	10-11am	4	\$50

## ADULT P.E. CLASS

Feel like being a kid again? Come out and enjoy fun games that you played as a child while burning those calories off. This one hour exercise program strictly for adults, built around grown-up versions of classic gym games. Such as dodge ball, indoor floor hockey, duck, duck goose, and race relays.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310345-01	6/7	MFLC	18+	W	7-8pm	4	\$30
310345-02	7/12	MFLC	18+	W	7-8pm	4	\$30
310345-03	8/9	MFLC	18+	W	7-8pm	4	\$30

## SPANISH FOR ADULTS

Hola! Always wanted to learn another language? Here is your chance. Participants will learn the basics of the Spanish language. Curriculum will cover everyday common words and phrases, the months and days, and numbers. Class participation is encouraged, and no books required!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310840-01	6/7	MFLC	18+	M/W	6-7pm	4	\$40
310840-02	7/5	MFLC	18+	M/W	6-7pm	4	\$40
310840-03	8/2	MFLC	18+	M/W	6-7pm	4	\$40

## DIGITAL PHOTOGRAPHY

Can't figure out that new digital camera? Always wanted to learn how to take pictures with out looking through the lens? Come learn new ways to take photographs and impress yourself. Basic photograph fundamentals will be covered such as sunlight, angles, and black/white photos. Participants need to bring their own personal digital camera and any other equipment needed for taking pictures.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310830-01	6/8	MFLC	18+	T	7-8pm	4	\$45
310830-02	7/6	MFLC	18+	T	7-8pm	4	\$45
310830-03	8/3	MFLC	18+	T	7-8pm	4	\$45

## LUNCHTIME KETTLEBELL WORKOUT

Come check out a new workout on that lunch break and burn some calories! Kettlebell is a new workout that works mainly the upper body and arms. A Kettlebell is like a standard dumbbell but safer with more area to grab and hold on to with a rubber coating. Women should start with 18 lbs Kettlebells and Men should start with 35 lbs Kettlebells.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310410-01	6/7	MFLC	18+	M/W	12-12:45pm	4	\$35
310410-02	7/12	MFLC	18+	M/W	12-12:45pm	4	\$35
310410-03	8/9	MFLC	18+	M/W	12-12:45pm	4	\$35

## BEGINNERS SWING DANCE

Like that Big Band sound and want to learn how to swing dance? Come learn the beginner steps to swing dance. Participants will learn the basic steps along with how to move to the music. Come out and try something new and meet a new dance partner.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310235-01	6/8	MFLC	18+	T	6-7pm	4	\$55
310235-02	7/6	MFLC	18+	T	6-7pm	4	\$55
310235-03	8/3	MFLC	18+	T	6-7pm	4	\$55



## BELLYDANCE, BOLLYWOOD & BHANGRA WORKOUT

Come experience the magic and mystery of this dance mix of Bollywood, Belly Dance, and Bhangra from India, Egypt, and the Middle East. Designed to improve grace, flexibility, endurance, and coordination for all body types. No experience needed. Come shimmy and shake those extra pounds away. Let's have fun learning something new! AFAA Certified Fitness Instructor: Behka Hartmann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310220-01	6/3	MFLC	16+	TH	8-9pm	8	\$45
310220-02	8/5	MFLC	16+	TH	8-9pm	8	\$45

## SALSA

This program is an adult based beginner level introduction to Salsa dancing. You will learn the basic steps of salsa along with learning how to feel the music. This class will help you reach that goal of learning a new dance. You will increase energy and have the chance to meet others interested in Salsa too!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310230-01	6/8	MFLC	16+	T	8-9pm	4	\$55
310230-02	7/6	MFLC	16+	T	8-9pm	4	\$55
310230-03	8/3	MFLC	16+	T	8-9pm	4	\$55

## YOU CAN PAINT- ADULT

Impress yourself, family, and friends with the beautiful landscape, still life, or seascape you can paint with oils in one inspiring, fun-filled class. Yes, even beginners will start and finish a masterpiece you'll want to frame and display. Color theory, time saving brush strokes and color mixing will be explained and demonstrated step-by-step by a professional artist and award winning "Teacher of the Year." All of your art supplies are provided. Wear old clothes and bring a roll of paper towels. Instructor: Susan Rogers

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310810-01	6/24	MFLC	14+	TH	6-9pm	1	\$37
310810-02	7/22	MFLC	14+	TH	6-9pm	1	\$37
310810-03	8/19	MFLC	14+	TH	6-9pm	1	\$37

## SQUARE FOOT GARDENING

No work. No weeding. No digging. No kidding! Come learn the simplest food gardening method ever. Beginning or expert gardeners alike can grow their own food in the perfect soil mixture in 20% of the space. Learn it, go home, and get your fall garden ready all in one day! Learn from a gardener with over 12 years experience. Instructor: Julie Whitis

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311010-01	7/10	MFLC	18+	S	9:30-11am	1	\$20



*Every single class on this page is completely **FREE!***

## DROWNING PREVENTION FOR PARENTS/CAREGIVERS

Drowning is the second leading cause of unintentional death among children ages 1-4 and 10-14 years. For infants less than 1 year, drowning is the third leading cause of death. Most drowning and near-drowning incidents happen in and around the home. Are you prepared? Do you know what layers of protection you can put in place to reduce the likelihood of your children drowning? Come learn the best practices to keep your child(ren) safe around the common sources of water at every house. Family and Friends CPR Anytime program also to be included. Presented by Safe Kids Tarrant County led by Cook Children's. Class is free but space is limited. Please stop by the Midway Family Life Center to register.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311021-016/26		MFLC	18+	S	10am-12pm	1	FREE
311021-027/17		MFLC	18+	S	2-4pm	1	FREE

## HEARTSAVER CPR

Learn lifesaving skill in this American Heart Association's "Heartsaver" CPR course. Class covers adult and child CPR and relief of choking procedures. This class is FREE and open to Euless residents, but reservations are required and space is limited. Participants must register for class in person at Midway Family Life Center. Participants will receive a certification card upon successful completion of skills test.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311020-016/10		MFLC	18+	TH	7-9pm	1	FREE
311020-027/22		MFLC	18+	TH	7-9pm	1	FREE



## FINANCIAL WORKSHOP/PROTECTING WHAT'S IMPORTANT

This seminar is designed to help you understand what types of insurance are available, how much you need and how insurance should fit into your overall financial strategy. This seminar is taught by Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311003-017/13		MFLC	18+	T	10-11:30am	1	FREE

## FINANCIAL WORKSHOP/MAKING SENSE OF RETIREMENT

This seminar is designed to educate you so that you can make informed decisions about retirement. You will learn important investing strategies for retirement, including: the 5 basic questions you should ask yourself to prepare for retirement, the options you can use now to save for retirement and how time can help or hurt your retirement goals. This seminar is taught by Michael Scoma of Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311003-017/13		MFLC	18+	T	10-11:30am	1	FREE
311004-028/17		MFLC	18+	T	10-11:30am	1	FREE

## Senior Activities

### Simmons Senior Center

*Diane Eggers, Senior Program Coordinator • 817-685-1670*

**508 Simmons • Mon/Tues/Thurs (6:30 a.m. - 2 p.m.), Wed. (7 a.m. - 3 p.m.), Fri. (see schedule)**

**Closed for the Holidays - May 31 & July 5**

***Dominoes, 42, 84, Shuffleboard, Hand & Foot, Spades, Chickenfoot everyday!***

Monday, Tuesday, Thursday	Noon	\$2 Lunch ( <b>Must register</b> )
Monday - Wednesday	9 a.m. (beginning June 1)	Water Aerobics
Monday	12:15 p.m.	Texas Hold 'Em
Monday	12:30 p.m.	Beginning Crochet
Tuesday	9 a.m.	Recycling Class
Wednesday	Noon	Bridge
Thursday	10 a.m.	Oil Painting
Thursday	10 a.m.	Crafts Class
Thursday	6:30 - 9 p.m.	AARP

**Registration is required for all activities. Last registration for all activities end one week prior unless noted.** Information is subject to change. It is important to read sign up sheets at the senior center prior to signing up. Be sure you can participate before you sign up. Trips may be cancelled due to unforeseen events. All activities must have a minimum of 10 participants to make.

### Special Events & Activities

#### VIN ETCHING

May 18, 10 a.m.

Tarrant County Auto Theft Task Force will be doing VIN Etching on auto windows at the Simmons Center. By having your vehicle windows etches helps defer your vehicle from being stolen.

#### AARP MATURE DRIVING CLASS

July 23, 9 a.m. - 1 p.m.

\$12 AARP member - \$14 non-member

This class will help you reduce your insurance, refresh your memory and bring you up to date on your driving skills. Last day to register

July 19

#### LOW IMPACT WATER AEROBICS

Mon. & Wed., 9 a.m.

June 1 - August 5, Wilshire Pool, \$20

Start your day out right with a quick and easy class made just for seniors. Low impact-slower pace and seniors only! Must be 60 or older to attend class.

### CPR CLASS JUST FOR SENIORS

Tuesday, June 15, 1 p.m., FREE

Now is your chance to learn the technique which could help you save a loved one's life. This class is made easy for everyone, no test, just simple instruction on how to do CPR on children and adults.

### FRAUD-IDENTITY THEFT-SCAMS SEMINAR

Tuesday, July 6, 1 p.m.

Eules Police Department will be on hand to tell you what you can do to prevent you from becoming a victim. This can happen to anyone. They will explain the do's and don'ts and what to look for if you think you are a victim.

Transportation is available to and from the Simmons Senior Center, Monday - Friday. If transportation is needed, please call 817-685-1670.

### Helpful Phone Directory for Seniors

Area Agency on Aging	817-258-8081
NETS - Transportation	817-336-8714
Meals on Wheels	817-336-0912
Section 8 Housing Program	817-531-7640



## LET'S GO LET'S SHOW LET'S RODEO!

Senior Night at Mesquite Championship Rodeo

June 11, 5:30 p.m.

\$9.00 tickets include reserved seat and bbq sandwich, chips, and soda!

Last day to register May 3

## "AMERICA THE BEAUTIFUL"

Granbury Opry

July 9, 2 p.m.

\$15

Will leave 9am from Midway and spend the morning in downtown Granbury on the square, lunch on your own then enjoy the patriotic songs that this country has heard through the centuries. Will remind you of how wonderful the USA is!

Must have 12 to get the \$15 ticket

Last day to register June 1, 10 a.m.

## TAKE A TRIP TO THE VINEYARD ANTIQUE MALL

The bus leaves Midway at 10 a.m. Friday, July 30.

The search for the unique shopping experience leads to the Vineyards Antique Mall in Colleyville.

It's all about old and new coming together. Over 300 retailers at this location. Will do lunch afterwards at local eatery.

Last day to register is June 10.

## INTERNATIONAL BOWLING MUSEUM & HALL OF FAME

August 6, 10 a.m.

\$9.50

Explore the newest museum in the metroplex. The bowling museum preserves and displays 5,000 years of bowling. The 18,000 square foot museum is loaded with history, memorabilia, shopping, and tells of the many legendary bowlers we are familiar with.

## MONTHLY ACTIVITIES *(Registration is required for all activities.)*

### MAY

7	Bingo & Potluck		9 a.m.
14	Washer Tournament		9 a.m.
21	Airport Art Tour		9 a.m.
28	Hamburger Luncheon	\$2	11:30 a.m.

### JUNE

4	Bingo & Potluck		9 a.m.
11	Mesquite Rodeo		5:30 p.m.
18	Sam Moore & IKEA		8 a.m.
25	Salads Calore	\$2	11:30 a.m.

### JULY

2	Hamburgers	\$2	11:30 a.m.
9	Granbury Opry	\$15	2 p.m.
16	Bingo & Potluck		9 a.m.
23	AARP Driving	\$12-\$14	9 a.m.
30	Antique Mall Colleyville		10 a.m.

### AUGUST

6	Bowling Museum	\$9.50	10 a.m.
13	Bingo & Potluck		9 a.m.
20	Homemade Ice Cream	\$2	11:30 a.m.
27	Everyone bring their lunch!		
	Shuffleboard Tournament		9 a.m.